Inside

**Bzzzzzzz** 

Pest Management gears up for bug season

See Page 1B

News

#### You can use

#### Spring forward

Daylight-saving time will be effective at 2 a.m. Sunday. Clocks will be set forward one hour. Employees on a shift when DST goes into effect will be credited with the actual number of hours they worked. The hour lost due to the change will be charged to annual leave or leave without pay as applicable. When one hour of leave is charged due to the change to DST, the exact hour of absence, 2 a.m. to 3 a.m., should be shown on the time and attendance report.

Questions should be referred to your servicing Employee Relations Specialist at 926-5802 or 926-0677.

#### Commander's Call

Gen. Mike Collings will hold his first Commander's Call, April 22-27. This is a mandatory call for all civilian and military employees. The session times and bus schedule will appear in the April 9 Rev-Up.

#### **Dining Out** postponed

The Robins Enlisted Dining Out, previously scheduled for April 10, has been postponed due to conflicting events. Once determined, the new date will be announced to the base enlisted populace through the Rev-Up and first sergeants.

#### Commander changes announced

Two groups at Robins will have leadership changes in the coming months.

Col. James J. Jones, commander of the 116th Operations Group, is being reassigned as commander the 380th Air Expeditionary Wing, Al Dhafra Air Base. United Arab Emurates.

Col. (select) Kimberly J. Corcoran, currently commander of the 3rd Mission Support Group, Elemendorf Air Force Base, Alaska, will take the helm of the 116th OG.

Col. David A. Cotton, 5th Combat Communications Group commander, is being reassigned as director of Communications and Information, Headquarters, Air Force Special Operations Com-

mand, Hurlburt Field, Fla. Col. (select) John W. Lent, currently chief of Concepts and Plans, Operations Division, NATO/Air Force North, Brunnsum, the Netherlands, will take over as 5th CCG commander.

- From staff reports

**ORI** countdown:

days

Friday, April 2, 2004 Robins Air Force Base, Ga. Vol. 49 No. 13

# Collings – it's about people, period

Center Commander Brig Gen Mike Collings took time this week to talk to the Rev-Up about his observations, plans and ideas concerning the

What do you see as your biggest challenge and how do you plan to address it?

The single biggest thing you have to worry about as a commander, as a supervisor, is people. Period. That has always been my biggest challenge and will continue to be my biggest challenge here. I think a commander's ability to know and understand the work force is key to his or her success as a leader of the organization.

Once a week I want to go around somewhere and work. And what I mean by work, is I'm just going to show up. I'll have a pair of BDUs or a flight suit on. If it's a white collar job, then I'll show up in my blues. I may show up at the C-5 depot maintenance line, drive my car up, walk in, meet the shop chief, and say, "Hi WG Smith, I'm General Collings, and I'm your worker for the next three hours, so let's go." I'll pound rivets, I'll go to the F-15 PDM line, and we'll remove stab actuators. I'll go over to the Military personnel flight and

process IDs. I'm not going to be drilling on people in the dentist's chair or slicing on people in surgery, but you get my drift. I have found that as a past commander that that works very effectively – being a squadron commander twice, group commander twice and wing commander twice – that people will talk to me. Not initially, but after working with them for an hour or so, they'll

tell me what their concerns are, and it's unfiltered. It's not vetted through the corporate process, so I get – no kidding – the word.

Air logistics centers aren't typical military installations, particularly from the mix of missions and categories of people working here. AFMC

Please see PEOPLE, 2A

## Getting the job done



U.S. Air Force file photos by Ms. Sue Sapp

Above, flight control mechanics Mr. Willie Felder, left, and Mr. Greg Dean work on C-5 flaps. They are a part of a team that ensures the aircraft are ready for the war fighter, especially during a surge. Below, a C-5 sits on the flight line.

## Supporting the surge

By Ms.Lanorris Askew lanorris.askew@robins.af.mil

Robins' Strategic Airlift Directorate is now supporting a massive, joint service, multi-national operation to deploy and redeploy nearly a quarter-million U.S. troops and more than 1 million tons of equipment.

The operation has been heralded as the largest equipment and troop movement since World War II.

The request for the surge of strategic airlift including people and parts is expected to be completed later this month.

Mr. Al Fatkin, deputy director of Strategic Airlift and the C-5 System Program Office here, said their efforts



at making sure the C-5 aircraft are ready for duty are going

Proactive from the start, the directorate took a number of actions to help support the surge including a plan for the organization of a Strategic

Airlift Control Center.

The SACC was to serve as the nerve center of this surge operation providing a parts action team, to quickly react to Air Mobility Command needs 24-hours-a-day, sevendays-a-week.

#### What to know

The surge is expected to continue through April. The 90-day surge's end result will be 225,000 Air Force troops moved. This number is slightly lower than the previously estimated 250,000.

Mr. Fatkin said, after further contact with AMC, it was decided that rather than standing up the 24-hour-a-day operation, they would instead provide the more needed

Please see SURGE, 4A

## Military couples can find support on base

By Mrs. Chrissy Zdrakas

chris.zdrakas@robins.af.mil

Somewhere between the wedding ceremony's "I do" and the first angry words is a gap that Robins Air Force Base programs attempt to bridge.

The programs take many forms and are as varied as the people involved in them, but all strive to develop healthier, happier military families through effective communica-Isolation, children, finances, stress and anger are among the topics the programs cover.

The 78th Medical Group's Life Skills Support Center and Family Advocacy Office, the 78th Mission Support Squadron's Family Support Center and the Robins Chapel are home to many programs for couples with and without children.

"Military spouses can and do experience stress, especially in today's environment of the war on terrorism," said Maj. Jeff McLean from life skills. "Duty demands, frequent deployments, parenting, and everyday life stress are part of our lives. It's important to focus on taking care of ourselves and our family members during these challenging times."

Life skills offers marriage, family and individual counseling to active-duty members and their families at the center's home, Building 700, across from the Base Chapel. Life skills professors may

Please see SUPPORT, 5A

## Base chaplains explain one of the oldest Christian holidays

By Ms. Holly J. Logan holly.logan@robins.af.mil

For some, Easter is about candy-bearing bunnies and egg hunts. But for others, it's about celebrating the life of Jesus Christ.

Easter, observed on April 11 this year, was first celebrated by Jesus' disciples after his death and resurrection - and many Christian faiths continue its religious traditions today.

Chaplain (Lt. Col.) Daniel H. Nigolian, wing chaplain for the Base Chapel at Robins, said the April holiday is one of the oldest and most important Christian festivals in history.

"The early church decided they'd celebrate Easter on

Sunday - the first day of the week," he said. "They wanted to give the message that now that Jesus had come and the resurrection had happened, a new thing was going on in humankind. In fact, the early church said every Sunday was a little Easter."

Easter Sunday, however, is only one day in the Christian



Nigolian explains the significance of the palm and other Easter traditions.

Chaplain (Lt.

Col.) Daniel H.

U.S. Air Force photo by Ms. Sue Sapp

holiday celebration - with days like Palm Sunday and Good Friday having significant meaning as well.

"Good Friday is a very dif-

ferent day in the Christian calendar," the chaplain said. "Every other day we celebrate,

Please see HOLIDAYS, 5A

Robins 3-day

Courtesy of 78th OSS/OSW

Today Mostly sunny forecast



70/41

Saturday Mostly sunny



72/43

Sunday Mostly sunny



What's inside Wynn Dining Facility opens Monday 4A Road changes improves safety, efficiency 5A Air Force offers Airmen reduced club rates 6A Airmen provide exercise tips to prevent pain 4B

#### **PEOPLE**

Continued from 1A

has a strong vision for changing that paradigm. Can you explain the changes that are taking place at Robins (AFMC), and how they will impact the work force and the Center's customers?

Let's dispel one myth right away, and that is - "We're different."

We're not different. We are an Air Force Base in the United States Air Force.

Do we do things differently than an Air Combat Command fighter wing base? Absolutely.

Do we do things different than an Air Education Training Command pilot training base? Absolutely.

But are we so unique to the United States Air Force that we are an enigma? No.

Everybody thinks we are, and the war fighter – and I hate using the word "war fighter" because people here at Robins and the ALC are just as much war fighters as the trigger puller that flies an F-15 from Langley, because they can't do the mission without what our great people do here – So I'll use the term customer war

They look at us and think, "they are, they are different. We don't understand how they're aligned; we don't understand their organizational construct. We don't understand how we can relate to them from a communications standpoint, how we interface with them, etc."

So, the direction we're going in this command is to look more like our operational wings in our operational commands.

And that's not to take away from the great things that we have done as an air logistics center, that's not it at all.

It's to clean up the lines of communication and clean up the chain of command so we can relate, and more importantly – they can relate with the activities that are going on here in the air logistics center. That's very important.

What are the most important things the Center can Air Mobility Command focus on to remain the accomplish the largest troop Center of choice?







U.S. Air Force photos by Ms. Sue Sapp

Brig. Gen. Mike Collings, Center commander, discusses his vision for Robins during an interview March 26.

think that every dollar we spend is like spending our own. And you may say that's a pretty flippant comment, but it's true.

We need to be great stewards of taxpayers' dollars. We need to, no kidding, think "am I doing the right thing here? Am I spending this the most effective way I can to get the biggest bang for my buck? And if I'm not, I need to change whatever process there is."

Lean is a great backbone, and I call it a backbone almost like an architect for which we have our local area and wide area networks. Lean is the integrator of effectiveness and efficiency across the Center. All other little initiatives need to plug in to be able to talk on that backbone. Lean isn't the be all to end all, but we're going to embrace it as our backbone.

We can do other things throughout the organization to enhance our effectiveness and efficiencies, but our motivation ought to be to be great stewards of taxpayers' dollars, because that's really what we get paid to do.

As a center of excellence for strategic airlift, Robins is playing a vital role in helping Foremost – we need to **of how this Center directly** 

supports the war fighter. What can the Center do to make that support more effective?

Well from the strategic perspective of being able to meet the mobility requirements for the largest troop rotation in history is huge.

One thing we have been chartered to do as program directors for the C-5 and the C-130 is manage the whole weapon system from a parts perspective.

To be able to get the right part at the right time at the right place so the war fighter can fix those aircraft in the field is as much a part of our responsibility as the programmed depot maintenance.

Often people who look at the ALC don't see what we call the purchasing and supply chain management side of that weapon system sustainment as being one of our core competencies or core capabilities.

It is very much so; even more so than the PDM on a day-to-day basis. So, our ability to get those parts out there is huge. How do we do that?

We do that by effectively being able to plan for what we call demand planning, looking for the requirements for that part, each individual part, and **rotation in our nation's histo-** how many we're going to need ry. That is just one example to acquire through contracting arrangements.

Key to that are partnership arrangements with the original equipment manufacturer and other contractors so we can build long-term relationships so they can ... posture their companies to be able to provide those parts.

Robins signed several partnerships with industry in the last few years, among them, the agreement with **Boeing for logistics support** on the C-17 - seen by many as the logical follow on depot maintenance program to replace the C-141 line. Under your leadership, will Robins continue to engage in partnerships, and how do you view their employment here?

What's important to understand is that in the past when we had new platforms come down like the C-17, and now the FA-22, and even in the late '70s when the F-15 came down as a new weapons system, we, as an Air Force, grappled with where we're going to put those weapon systems.

In other words, all the depots were in competition with one another.

We need to focus our capabilities at our depots based on Wetekam, (former Center show that Robins is the right ing rivets.

commander) took by creating a strategic mobility wing - and then as we transform even further in the next few months here - we'll consolidate even more mobility into that one particular wing, so that Warner Robins Air Logistics Center is the recognized expert Center of excellence for mobility in the United States Air Force.

It's not like the C-17 is replacing the C-141. The C-17, as a mobility platform, should come to the center of excellence that has the expertise, the engineering, the workers, all of the program management experts, etc. to manage those types of platforms at Warner Robins Air Logistics Center.

Now, Partnering arrangements, you bet. General Wetekam worked very hard to get the initial partnering relationship with Boeing so that the C-17 workload would come to Warner Robins.

And in fact, we have somewhere around 68,000 core hours currently being done here. In that partnering relationship there are plans to increase the core workload here up to 300,000 hours by fiscal year '07.

Which means the partnering relationship is planned, and the capabilities of our Air we'll do everything ... I'll do Force, and align them not to be everything within my power to platform-centric. With the iniensure we work those relationtiatives that (Lt. Gen. Don) ships out with Boeing and me when I'm out there pound-

place to do that workload.

#### Is there anything you'd like to add?

I want to say something about what people are hearing about the reorganizations. Change is really unsettling to a lot of people. Change management is a huge issue that I am working on. I just want to try to calm the concerns (of the people at Robins). They've got to trust me.

They have to have confidence in my ability to lead this Center, and to know that their interest is my first and foremost (concern) - period. I'm not going to do anything that is going to detrimentally affect their ability to come to work and have a job.

And the things that we are doing are not only going to secure our ability to meet the Air Force's needs today, but into the future.

The organizational changes we're going to do will better posture this Center to plug into the capability requirements that our Air Force is going to lay onto us in the future. They just need to trust that senior leadership knows what they're doing. Hopefully they do trust us.

And if they don't trust us, they can pick up the phone and call me or e-mail me or talk to

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nicholas 59792602 military 59797101 hienergy 59602203 Rev-Up Friday, April 2, 2004 3A

## 5th MOB Airmen attribute award to a group effort

By Ms. Holly J. Logan holly.logan@robins.af.mil

Three Airmen from the 5th Combat Communications Group were recently recognized for high achievement, but they say their awards weren't theirs alone.

Maj. Scott Moser, 5th Combat Communications Support Squadron commander, earned the Air Combat Communications Information Field Grade Officer of the Year award.

Master Sgt. Jack Ladley, 54th Combat Communication Squadron's first sergeant, earned the 2003 9th Air Force Direct Reporting Unit First Sergeant of the Year award.

Tech. Sgt. Robyn Owens, noncommissioned officer in charge for the 54th Combat Communications Support Squadron, earned the 2003 9th Air Force Noncommissioned Officer of the Year award.

The major, who will be presented his award at Langley Air Force Base, Va., June 10, in recognition of his contributions to Operation Iraqi Freedom and other war on terrorism campaigns, said his recent accomplishment is shared by his unit.

"It's an honor for my squadron and group," he said. "I attribute my accomplishment to the 128 people I work with on a daily basis. I was named for the award, but it was earned by everyone."

Sergeant Ladley and Sergeant Owens, who were presented their awards March 23 at Shaw Air Force Base, S.C., both said receiving their awards was a humbling experience

rience. "It makes you stop and take stock of what you've accomplished over the year - and you suddenly realize that while you put a lot of effort into it, you suddenly realize that there were a lot of other people putting the same effort into it too," Sergeant Ladley said. "It shouldn't

be an individ-

with the suc-

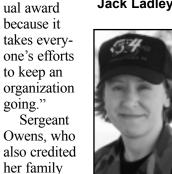
cess, agreed.

"The 5th



Maj. Scott

Master Sgt. Jack Ladley



Tech. Sgt. Robyn Owens

MOB is a tight-knit unit, especially the 54th Combat Communication Squadron," she said. "Last year, we deployed (as a team) in support of Operation Iraqi Freedom. You can't win this type of award without your leaders and subordinates."

"It shouldn't be an individual award because it takes everyone's efforts to keep an organization going."

Master Sgt. Jack Ladley 54th Combat Communication Squadron's first sergeant

#### Commander gets star



Courtesy photo

Got

news?

Brig. Gen. Tom Lynn, 116th Air Control Wing commander, gets his star pinned on by his wife Joy, left, and his mother Betty, while his son Bill and Maj. Gen. David Poythress, adjutant general of Georgia, look on March 12 in the Joint STARS multi-purpose hangar.

#### New JSTARS exhibit opens



U.S. Air Force photo by Senior Airman Tim Beckham People admire a new Joint STARS exhibit after the ribbon cutting ceremony March 23 in the Century of Flight hangar at the Museum of Aviation.

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Send it to

nationwide 59806901

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4A Friday, April 2, 2004 Rev-Up

# Shhhhh, new Wynn Dining Facility opens Monday

By Mrs. Chrissy Zdrakas

chris.zdrakas@robins.af.mil

The grand opening of the new \$4.8 million Wynn Dining Facility will be April 12, but the unmistakable aroma of food will start filling the air in and around the dorm complex Monday.

Officials plan to close the present dining hall after midnight Sunday and unofficially open the new and improved facility Monday so that workers and customers will have an opportunity to get accustomed to the facility's flow.

A ribbon-cutting will mark the grand opening at 9 a.m. April 12. The contractor will join officials from Headquarters Air Force, Air Force Materiel Command, Warner Robins Air Logistics Center, U.S. Army Corps of Engineers and the 78th Air Base Wing in the ceremony.

The 78th Services Division's food service organization will host a vendor tasting show in conjunction with the grand opening. The public is invited to drop by and sample food.

The new facility replaces a nearly 40-yearold building that bears the same name and is a light, airy showpiece facility. It won an Air Force design achievement award and was chosen by Air Force Materiel Command as an "architecturally significant" project.

Architect Mr. Shrad Amirt, project manager from the 78th Civil Engineer Group, said the dining facility offers what he termed "three dining experiences," eating areas that vary in design, size and layout.

One has a big screen TV and is smaller than the other two. All three will have plenty of light, Mr. Amirt said, thanks to a skylight



Courtesy photo

The new \$4.8 million facility unofficially opens Monday with the official grand opening set for April 12.

in the building. Together, the three will seat more than 240, but there will be room for about 48 in an outdoor seating area.

Mr. Amirt said the new facility is a team effort, with construction and design headed by the Army Corps of Engineers. Its dining area, offering three distinctly different dining facilities; skylights and other elements were his vision; the kitchen and service layout were a Services Division concept.

Built with energy efficient glass, carpet tile instead of carpet and anti-bacterial flooring in the kitchen, it's classified as a so-called "green" building.

It takes advantage of natural sources of lighting and makes liberal use of day instead of artificial light.

The facility is named for the late Master Sgt. William Walter Wynn Jr., who survived the Bataan death march and spent six years in a Japanese prisoner of war camp.

Sergeant Wynn also worked in personnel at Robins from 1947 to 1953. His widow, Ms. B.J. Wynn, is expected to participate in the ribbon-cutting.

2004 ECONOMIC IMPACT STATEMENT

www.robins.af.mil/pa/ EIS2004/index.htm

## military 59816801

#### **SURGE**

Continued from 1A

expedited weekend support requested.

"We did give them a 24 hour-a-day point of contact, but it really hasn't been used as much as we would have thought," he said.

The deputy director said as far as surging, the directorate was in this mode even before the request came from AMC and is continuing to do so while making sure no other opportunities are missed.

"When you start a surge there are two choices," he said. "One of those is you can stop all non-essential maintenance to meet the request as we did during Desert Storm. When you make that choice, what happens after you finish the surge is you end up with a lot of extra maintenance you have to do to catch up."

The second approach, and the one chosen, is to maintain its regular workload, while maximizing aircraft availability so there is no backlog at the end.

"We've tried to maintain program depot maintenance inputs and regular maintenance schedules in the field and still maximize aircraft availability by improved parts support and focus on priority airplanes," he said.

The proof this equation works is in the pudding, and Mr. Fatkin said five aircraft placed in short-term status earlier this year being returned to their home sta-

"We are really focusing on trying to improve the supply chain. We are trying to manage the aircraft tail number by tail number, and the work force keeps plugging away."



Mr. Al Fatkin Director of Strategic Airlift and the C-5 System Program Office

tions shows that.

More evidence is in the favorable remarks from end users such as Travis Air Force Base, Calif., which recently reported no mission incapable supply rates on any of their aircraft for a 24-hour period.

Words like those are encouraging, and Mr. Fatkin said it's the work force that makes them possible.

"We are really focusing on trying to improve the supply chain," he said. "We are trying to manage the aircraft tail number by tail number, and the work force keeps plugging away."

Lenn 59635101 accelerated 59801302

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Friday, April 2, 2004 **5A** Rev-Up

## Chapel's instructional Seder recalls Jews' flight from Egypt

By Chrissy Zdrakas chris.zdrakas@robins.af.mil

This weekend the Robins Chapel will be holding a Seder Supper and a workshop about the Jewish wedding and prayer shawl, led by a rabbi who believes Jesus is the messiah.

The Seder – a traditional meal that commemorates the Jews' delivery from slavery in Egypt - will be from 6 to 9 tonight and the workshop, Saturday from 9 a.m. to noon. Both events will be at the chapel. Pre-registration was

required for both events.

Rabbi Warren Frankel, evangelist and teacher from the Rock of Israel Ministries of Fairfield, Ohio, will lead both events as an instructional prelude to the Jewish Passover and Christian Holy Week. This year, Passover will be Tuesday through April 13. Next week is Holy Week.

Rock of Israel Ministries is a community of both Jews and gentiles who worship Jesus together. Rabbi Frankel and his wife, Cathy, are both full-time members of the ministry staff.

Seder means "order," and describes the meal's 15 ordered observances. Essential ingredients and the prayers and responses that are offered during the meal are sequenced. In Jewish homes, the table is set with flowers, china, linen, silver and lighted candles. Participants have before them a Seder plate holding traditional and symbolic foods:

Roasted shank bone, reminder of the sacrificial lamb whose blood was placed over the doorways in Egypt as a sign the people were

inside to be saved from the angel of death

Roasted egg, reminder of temple offerings

Moror, bitter herbs or horseradish, reminder of the bitterness of Egyptian slavery

Haroses, a mixture of apples, nuts, cinnamon

raisins and wine or apple butter, representing the mortar the Israelites used to make bricks

while slaves in Egypt. Karpas, green herbs

remembering that the forefathers were tillers of the

unleavened bread that Jews took with them when they

tears shed by Hebrew slaves.

bread, reminiscent of the

Three matzos, unleavened

hurriedly left Egypt The meal that is served varies, but always includes the Seder plate.

Chaplain (Lt. Col.) Daniel Nigolan, Robins' installation chaplain, said each element in the Seder meal holds symbolism for both Jews and Christians, and its re-enactment helps point out "our kinship to the Jewish faith and our Jewish brethren."

#### ROBINS **BULLETIN BOARD**

#### Earth Day on the greens

There will be a golf tournament in conjunction with Earth Day celebrations at Pine Oaks Golf Course April 9. Check-in and warm up will be 11:30 a.m. - 12:30 p.m., with a shotgun start at 1 p.m. Cost is \$40, due by today. For more information or to sign up, call Ms. Rhonda Odum at 329-8870.

#### Christian Women's Club luncheon

The Middle Georgia Christian Women's Club luncheon will be 11:30 a.m. April 19 at the Houston Lake Country Club, 2323 Ga. Highway 127, Perry. Cost is \$10.50. For reservations, call 328-7033 or 923-6543 by Wednesday.

#### **Health Care Consumer's Advisory Council**

The 78th Medical Group Health Care Consumer's Advisory Council meeting will be April 15 at 2 p.m. at the Smith Community Center. For more information, contact Staff Sgt. Denise Roberts at 327-8384.

#### Tree planting ceremony

The Robins Arbor Day and Historic Tree Planting Ceremony will be April 21 at the new Historic Forest. If an individual or organization would like to memorialize someone or a special event, a Famous and Historic Tree Catalog is available through the Environmental Management Directorate. Historic trees must be ordered by April 12. Contact Ms. Becky Crader at 926-1197 extension 113.

#### **NCMA** golf tournament

National Contract Management Association golf tournament will be May 7 with a 1 p.m. shotgun start at the Landings Golf Course. Cost is \$40 per person. Sign up to be placed on a team or enter your own team by submitting name(s), handicap or average score to Ms. Michelle Idone, LXKC, at 926-0847, no later than May 4.

#### 5th MOB 40th anniversary

The 5th Combat Communications Group will be celebrating 40 years of excellence this May. For more information on the anniversary and alumni reunion, go to www.robins.af.mil/5ccg/ 40th Anniversary/index.htm or call 1st Lt. Jason Fields at 926-2053.

#### Red Cross needs clinic volunteers

The Houston Middle Georgia Chapter of the American Red Cross needs volunteers for Robins clinics, Monday - Friday, 7:30 a.m. -4:30 p.m. If interested, call Ms. Mary Jennings at 923-6332, Monday - Friday, 9 a.m. - 4 p.m. to set up an appointment for an orientation.

## Safety Hunt teaches Black Knights to protect others, self

By Ms. Holly J. Logan holly.logan@robins.af.mil

While some may soon be looking for Easter eggs, the 19th Air Refueling Group's Black Knights recently had a hunt of their own.

But the things they were looking for weren't part of a childhood holiday celebration. Instead, they were up bright and early March 25 looking for fire extinguishers, emergency lights and other safetyrelated items as part of the

#### What to know

For more information on safety issues, contact Tech. Sgt. Bart Craven, 19th ARG safety manager, at 327-2584 or visit the Group Safety Office in Building 2079.

group's first-ever day-long Safety Hazard Hunt.

Tech. Sgt. Bart Craven, the group's ground safety manager, said the event - which he plans to hold quarterly - gives

Airmen a fun way to learn about safety.

"It's like an Easter egg hunt," he said. "You go throughout the group and find things to make you more aware of what safety resources are around you."

About 45 Airmen searched buildings 9, 10, 125, 2066, and 2067, for envelopes located near the items and answered safety questions for prizes like key chains, T-shirts, coffee mugs and a golf bag cooler.

"People were really enthu-

siastic about it," he said. "I had people coming up to me asking questions about things they didn't know about and showing me what they had found. It went really well."

soil; parsley is dipped into

salt water, a reminder of the

Airman 1st Class Andrew Koehler, boom operator for the 99th Air Refueling Squadron, said the hunt was a fun way to learn about an important subject.

"It reminded me of Easter egg hunts from when I was a kid," he said. "Now I know what to do if I ever see a

safety hazard."

The sergeant said the event showed people that using good safety practices doesn't have to be a chore.

"We wanted to teach people how to protect themselves and their personnel," he said. "I'm hoping this raised everyone's safety awareness and created more of a safety-focused culture."

In addition, the group held a poetry contest, accepting safety-related poetry submis-

## Road changes improve safety, efficiency for base drivers

The section of Hawkinsville Road from the Fitness Center parking lot to Seventh Street will be permanently closed due to vehicle safety hazards posed by stray golf balls.

The road is primarily used to access Hannah Road to get to the flight line area and back.

There are two alternate routes that are available to use in its place: travel north on Warner

Robins Street then east on Seventh Street to access Hannah Road or travel north on Hawkinsville, east on Eighth Street, then north again on Fort Valley Street to access Hannah

Modifications will be made to the intersection of Robins Parkway and Tenth Street to more efficiently and safely process traffic flow April 10.

The changes will take place from 8 a.m. to 1

The modifications will allow traffic traveling west on Tenth Street to use both lanes to turn south onto Robins Parkway.

In addition to new pavement markings and signage, the traffic lights controlling these two lanes will be modified.

#### SUPPORT

Continued from 1A

make referrals to Tricare providers if appropriate. For information on life skills counseling, call 327-8398.

Ms. Veronica Griffin, family advocacy outreach manager, said learning to recognize and act on issues when or before they surface promotes healthy relationships. The Air Force has invested funds in prevention programs aimed directly at marital conflict, parenting, stress and anger identification.

Ms. Griffin helped seek approval to fund one such program, PREP -Prevention Relationship Enhancement Program – that works to enhance couples' communications skills and teach them how to communicate effectively. For information about PREP, which will be offered this month and in May at Pine Oaks Lodge, call Ms. Griffin at 327-8427.

Family Advocacy's quarterly resource, "The Family Advocator," is a treasure of upcoming program listings and helpful information for families. The publication is available at the Family Advocacy Office, Building 708, and is distributed at programs and functions on base. To find the publication online, go to www.robins.af.mil/78MEDGP/ **INDEX.HTM** 

Ms. Christine Parker, director of the Family Support Center, said while military families are strong, they experience unique stressors. Recognizing that, Family Support has a number of programs and activities available as benefits to military families.

The Robins Chapel also has continuing programs dealing with marriage, parenting and other family matters. In addition, chaplains are available for counseling. For information on programs and counseling, call the chapel at 926-2821.

Following is a rundown of some of the other programs Robins offers:

Passport to Parenthood for expectant parents. Contact Family Advocacy's Ms. Sharon Lowe at 327-8430.

Bundles for Babies, which provides information about how babies affect family finances and gives participants bundles of baby goods compliments of Air Force Aid Society. Contact Family Support Center at 926-1256.

Anger Management, which teaches how to deal with overly aggressive behavior. Contact Ms. Griffin at 327-8427.

Stress Management, which helps recognize signs of stress and ways to cope with it. Contact the Health and Wellness Center at 327-8480.

Child Birthing Class, which helps parents prepare for the birth of their child. Register by calling 327-8480.

Parents and Tots Playgroup, monthly group for parents with children ages newborn through 5. Provides chance for parents to

socialize with others, share ideas and have fun with their children. Call Ms. Griffin at 327-8427.

WIC - Women's Infant Children, which provides free healthy foods and nutritional information to pregnant women, mothers and small children up to age 5. Call the WIC office at 327-8433.

Dads 101, a Family Advocacy class for new and expectant fathers that deals with baby care basics, role expectations and family harmony. Call 327-8430 to register for the next class June 24.

New Parent Support Program, offering information, education and guidance to new and expectant parents. Call 327-8430 to enroll. This program has a Mom's Support Group that meets every third Thursday in the Family Advocacy playroom from 10 to 11 a.m. Children are welcome. Contact Ms. Yvonne Fisk or Ms. Judi Deririso at 327-8398.

Key Spouse Program, unit key spouse volunteers who provide maximum outreach capabilities between units and family members during periods of military contingencies. Robins' points of contact are Ms. Janice Barnes, community readiness technician, Ms. Joy Ashley, Family Support Center key spouse program volunteer, or Tech. Sgt. Caroline Newell, Family Readiness NCO, all available at 926-3453.

HeartLink Program, which helps spouses with five or fewer

years in the military environmental better understand Air Force mission, customs, traditions, protocols and available resources and services. Contact the Family Support Center at

926-1256 for information or to sign up for the next workshop. The 2004 workshop dates are June11, Sept. 10 and Dec. 10. The workshop lasts from 8:30 a.m. to 3 p.m.

Give Parents a Break Program, available the first Friday of each month at the Child Development Center. The program gives those eligible a few hours' break from the stresses of parenting and child care. Certificates for care at the Child Development Center are available from the Family Support Center, squadron commanders/first sergeants, chaplain, doctor or other professional, Family medical Advocacy personnel or Child Development Center personnel.

Spouse's Connection, monthly program from 9 to 11 a.m. in the Family Support Center Annex, Building 945. New arrivals to Robins, people looking for friends or those interested in learning more about the community should contact the FSC Annex at 926-3453 to sign up for the next meeting April 28.

Among other Family Support Center-sponsored workshops regularly offered are Money and Credit Management, Starting a Small Business, Return and Reunion, Money Matters for Deployed Spouses and more. More information is available on at www. robins.af.mil/fsc/.

#### **HOLIDAYS**

Continued from 1A

but on Good Friday we mourn for the death of our Savior, Jesus Christ. We have a stripping of the altars service that remembers that.'

While Easter is a Sunday tradition for some, people of Catholic faith celebrate throughout the Holy Week.

"Holy Week begins with Palm Sunday, marking the Sunday before Easter when Christ arrived in Jerusalem and was hailed as king," Father (Lt. Col.) Thomas J. Fey, Catholic chaplain for the Base Chapel, said. "Catholics celebrate with a distribution of palm branches at Mass. This begins the Easter celebration for

Catholics."

Father Fey said the days that lead up to Good Friday are spent preparing for observance of events that happened in Jesus' life until his crucifixion and resurrection, including the liturgy of the Lord's Supper, taking of Holy Communion, and other significant events.

"In Catholic tradition, all scriptural and biblical events that happened in the last days of our Lord are celebrated," he said.

No matter what denomination, Chaplain Nigolian said the Easter season is time for Christians to celebrate their shared faith.

"Robins is a good, dynamic growing chapel community," he said. "The parish congregations at Robins are wonderfully dedicated people. Easter is the time of greatest celebration."

#### **Easter services**

#### **PROTESTANT**

Sunday - Chancel Choir's Easter Cantata - 11 a.m. - Base

April 9 - Good Friday Worship Service, "Stripping of the Altar" - 5:30 p.m. - Base Chapel

April 11 - Easter Sunday Sunrise Service - 6:30 a.m. -Base Chapel; General Protestant Worship Service - 11 a.m. -Base Chapel; Contemporary Worship Service - 11 a.m. - Base Theatre

#### **CATHOLIC**

(all services held at Base Chapel) Thursday - Holy Thursday, Mass of the Lord's Supper - 7

April 9 - Liturgy of Good Friday - 7 p.m. April 10 - Holy Saturday, Vigil of Easter Mass - 9 p.m.

April 11 - Easter Sunday Mass - 9:30 a.m.

6A Friday, April 2, 2004 Rev-Up

## Air Force offers Airmen reduced club rates

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Air Force Services officials are now offering \$4 monthly club memberships to enlisted ranks airman basic through senior airman and their sister service counterparts.

The new Air Force-wide program, which began Thursday, provides a positive introduction to Services and Air Force clubs, encourages club membership, helps increase retention and makes club membership an affordable option for the lower ranking enlisted members, according to Col. Joseph Rarer, Air Force Materiel Command Chief of Services.

All Airmen E-1 through E-4, assigned to an installation are eligible to take advantage of the

reduced dues rate.

"For about the cost of a fast food combo meal or less, Airmen can now enjoy the benefits of club membership which include lunch and dinner discounts, special members' only functions, discounts on club catered functions, holiday buffets and special entertainment," he said

The reduced dues will apply until Airmen reach the rank of staff sergeant, at which time their dues will change to the standard amount of the club to which they belong.

Army, Navy and Marine units attached to Air Force installations receive the same reduced dues as Airmen

Current members within the ranks of airman basic to senior air-

man had their dues automatically adjusted Thursday to reflect the new discounted dues, Colonel Rarer said.

Airmen at Air Force Materiel Command bases have an additional incentive to take advantage of the new dues structure by becoming Members First Plus members when they join the club, he said.

Members receive a 10 percent discount on goods and services in most Services facilities, including bowling centers, golf courses, auto hobby, skills development and outdoor recreation.

To receive a discount, Members First Plus members show their Services' club card when making purchases.

The colonel said members don't

have to charge their purchase to receive the discount; however, they must identify themselves as a club member or Members First Plus member by showing their card.

"You can start saving on your Services' purchases today while enjoying the benefits of club membership," he said. "Pick up an application at a Services' facility, fill it out and return it to your club. You can join the other members by saving more each month than your dues cost."

For more information about Robins' Enlisted Club or to become a member, call 926-4515 or stop by Building 956 to fill out an application.

- From staff reports

#### **Club benefits**

- free brunch for primary members the first and third Sunday of each month
- live entertainment and DJs
- birthday coupon for primary member
- reciprocal membership privileges worldwide
  - ■bingo program
- monthly WWF pay-per-view fights
  - free lunch drawings
- social hour with complimentary snacks five-nights-a-week
- family night buffet and TechWorld games on Mondays
- Taco Tuesdays with free tacos
- and TechWorld games
   catering services
  - barbershop services

## Small Business Program best in AFMC

The Warner Robins Air Logistic Center Small Business Program was recently named the best in Air Force Material Command for fiscal 2003.

Mr. Jim Lovett, Center small business office director, attended an awards banquet at AFMC last week to accept the Unit Small Business Special Achievement Award on behalf of the Center.

"This award recognizes the teamwork of our entire Center," he said. "I would like to thank the command section for their leadership and support, the yeoman efforts of my staff, and the outstanding support from contracting, maintenance, the product directorates, civil engineering, environmental management, and the acquisition excellence staff in working with us to utilize small businesses whenever possible to support the Center's mission.'

As an award winner, the Center will represent AFMC at the Secretary of the Air Force level competition. For fiscal 2002, Robins was the recipient of both the AFMC and Secretary of the Air Force Small Business Program Excellence Award.

- From staff reports

## The numbers

For fiscal 2003, the Center demonstrated significant improvement in each goal area compared to fiscal 2002.





Small business base

\$2.76 B \$3.38 B

Small business

\$571.1 M \$710.4 M

Small disadvantaged

\$139.9 M \$163.2 M

Woman-owned

\$45.6 M \$64.2 M

HUBZone

\$20 M \$47.8 M

Service-disabled veteran

\$0.6 M \$4.3 M

union 59602601

chick 59816901

french 59706202

Source: Small Business Office

Friday, April 2, 2004 **7A** 

# Airman with a capital



P. Jumper Air Force chief of staff

I am an Airman.

Note that's with a capital "A." It's just one letter at the beginning of the word, but it signifies a great deal. The reason it is capitalized is simple: Airmen in the United States Air Force are the heart and soul of our unique fighting force, and should be identified by a proper noun.

As young children, when we began to read, we learned a capital letter at the front of a word signified something special or important – like our own name, our hometown, and our country. And this was reinforced through our education and professional life.

When we see a capital letter, our minds automatically emphasize that word, and we bestow an increased importance on that person, place or thing. It is time to formally add our profession to that list of important and special nouns.

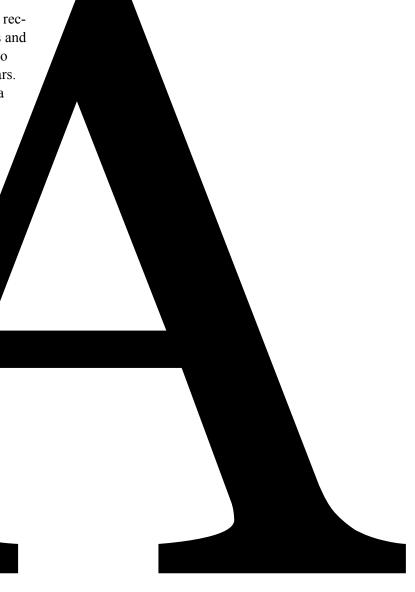
You may have seen or heard something about my guidance to capitalize the word "Airman." It is appropriate to do so, in recognition of our rich history, and to emphasize our unparalleled role in the defense of America.

Our Air Force is the finest air and space force in the world because of the generations of professional Airmen that have devoted their lives to dominating

Capitalizing the word "Airman" recognizes their historic achievements and signifies our unique contributions to fighting and winning America's wars. It shows we've earned the respect a proper name imparts.

For 38 years of my life, I've been proud to wear the uniform of the United States Air Force. And, whether you've worn it as long as I have or just recently joined our team, I know we all feel the same sense of pride. Regardless of the uniform we wear, the specialty we hold, the badge over our pocket, and whether we are active duty, guard, reserve, or civilian, first and foremost, we are Airmen.

We are one Air Force and we are Airmen.



#### Commander's **Action Line**

Col. Tom Smoot Commander, 78th Air Base Wing



Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military e-

mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use action.line@robins.af.mil.

Readers can also access Action Line by visiting the Robins AFB homepage at https://wwwmil. robins.af.mil/actionline.htm. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Rev-Up. Anonymous Action Lines will not be processed.

Occurry 1 01003021 0440
Services Division926-5491
EEO Office926-2131
Employee Relations926-5802
Military Pay926-3777
IDEA926-2536
Base hospital327-7850
Civil engineering926-5657
Public Affairs926-2137
Safety Office926-6271
Fraud, Waste and Abuse
hotline926-2393
Housing Office926-3776
-

Security Forces

327-3445

#### Too hot in Building 140

I'm writing to complain about the unbearable heat in our offices in Building 140. I'm in room 7 and by the time first break is here, we can hardly stay in our offices. It's causing people to become sick and hinders our work. It's been like this for months, and I can't believe that something can't be done about it. Please check into this for us.

Commander replies: Civil engineers discussed this with your facility manager and he was not aware of an unbearable heat situation in Building 140. CE had also not received any related service calls from you or your facility manager on this. A site visit was conducted by heating and air conditioning personnel, and all systems were found to be working properly. Building 140 is not a facility identified for year-round air conditioning. As such - and as a matter of policy - chilled water providing cooling is shut off during winter months, and heat is shut off during the summer months. Cooling start-up is initiated when the average daily temperature is above 65 degrees for five consecutive days. The only time air condi-

tioning is left running throughout the year is for equipment it was my first time trying to catch the bus and the bus did not cooling, or when designed using a variable air volume system. Nonetheless, in light of the recent warm weather, CE has activated cooling in your building. In the future, if you have any facility problems, please contact your facility manager or the CE Customer Service Flight at 926-5657.

#### Shuttle bus service question

I work in the east wing of Building 300 and had a meeting in Building 645 at 9:30 a.m. When I called transportation to inquire about the shuttle services, I was told that the shuttle comes to Buildings 300 and 301 bus stops at a quarter till and a quarter past every hour. My co-worker and I went out to the south stop of Building 300 at 9:10 a.m. and waited for the bus, but it never came. When I called transportation again at 9:30. the operator called bus number 41 to ask the driver if he drove by the south stop at 9:15. The driver said sometimes people just stand near the bus stop sign but don't really need the bus service. Excuse me, it was 25 degrees outside and windy. The driver sped by without even looking at us at about 9:20. Since have a "base shuttle" sign on, we did not know to wave at him to make him stop. Shouldn't he stop at the bus stop on the schedule and wait for a couple of minutes anyway?

**Commander replies:** The goal of vehicle operations is to satisfy our customer's transportation needs in a timely, costeffective manner, and we apologize for not meeting your expectations. Each bus operator is instructed to physically stop at each designated stop along the established routes. On the day in question, the bus operator did not see anyone standing at the established stop and proceeded to the next stop without stopping. We have reemphasized to our drivers that even though they do not see any passengers at the designated bus stops, they are still required to stop rather than proceeding along their routes. To ensure customer safety and to stay within established route times, please be reminded that customers are to stand at the designated and authorized stops identified with brown and white bus stop signs. We are prohibited from picking up and dropping off customers at nondesignated stops due to safety and traffic concerns.

#### Remember to slow down

There have been

speeding tickets issued year to date.

#### How the points add up

Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.

10 miles = 3 points 11 - 15 miles = 4 points 16 - 20 miles = 5 points 21+ miles = 6 points

Source: AFI 31-204



Airmen Against Drunk Drivers is a 24-hour-service that provides rides to those who have consumed alcohol and need transportation home. The program is run by volunteers from across base, and those who use the service aren't subject to adverse action. To request a ride, call: 335-5218, 335-5238 and 335-5236.

Robins DUI tracker

Robins has adopted a zero tolerance policy for drinking and driving. In addition to an incentive for no DUIs and putting up signs to keep the message in drivers' minds as they leave the base, the Rev-Up will run weekly numbers of DUIs.

March:  $7^*$  March 2003: 4 Year to date:  $20_{2003}$ : 63

Best metro format newspaper in the Air Force 2003 and Best metro format newspaper in Air Force Materiel Command 2002, 2003



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## Pest Management gears up for bug season

By Ms. Lanorris Askew lanorris.askew@robins.af.mil

t's spring again, and as the colors of the season begin to pop up everywhere, unfortunately so does the evening frolicker's nemesis... the mosquito.

78th But, the Civil Engineering's Group's Pest Management section is ready to ensure these pesky insects don't ruin outdoor activities for Robins.

Tech. Sgt William King, noncommissioned officer in charge of pest management and his team are on their haunches, ready to begin fogging as soon as the go ahead comes from the 78th Medical Group's Public Health.

That go ahead will come when areas on base hit trigger numbers or when insect traps catch at least 26 female mosquitoes over a 24hour period.

"We have close ties with Public Health which does the actual monitoring of mosquito populations on base," he said. "In addition to Public Heath, Environmental Management also works with us to identify any possible breeding

Sergeant King said three-nighta-week fogging should begin by the end of this month or the beginning of May, but possibly sooner.

Fogging nights will be Monday, Wednesday and Friday from 8 to 11 p.m.

Since mosquitoes are only active from dusk until dawn, areas populated during those hours like housing, dining halls and the gates

## mosquitoes

- containers, ceramic pots or similar water-holding containers that have collected on your property.
- ■Pay attention to discarded tires. Stagnant water in tires is
- ■Turn over plastic wading
- ming pools not in use.

■Wear insect repellent containing DEET, but don't use

■ Don't over-irrigate lawns.

are targeted with the environmentally friendly chemicals.

"The chemical we use is Kontrol 4.4 and has a very low residual, meaning it doesn't stay in the air very long, and it does a very good job," said Sergeant King.

The chemicals are also used in small enough concentrations that there is no need to worry about pets or children – although they recommend that joggers or children on bicycles not follow directly behind the foggers.

While the spraying hasn't begun, the pest control team has begun setting out larvacide to prevent mosquitoes from breeding. The larvacide is a biological chem-



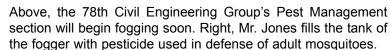
■ Dispose of tin cans, plastic

where most mosquitoes breed.

pools and wheelbarrows when not in use. Don't let water stagnate in birdbaths.

■ Clean and chlorinate swim-





ical used in areas with low-lying

"When we use the larvacide all we have to worry about are the mosquitoes coming on base from

term control of mosquito larvae.

outside," he said.

Sergeant King warns that while fogging helps, it will not kill all mosquitoes and the use of insect repellent is a good idea.

Mr. Danny Jones drops a mosquito dunk into a small pond on Robins. The dunk releases larvicide for long-



U.S. Air Force photos by Ms. Sue Sapp

Editor's Note: If mosquito populations persist after fogging call Public Health at 327-7613. They will conduct tests to see if more fogging is needed.

## Compost facility to cut solid waste disposal by 40 percent



U.S. Air Force photo by Ms. Sue Sapp

Mr. Charlie Saulmon of J.L. Watson Inc. works on the new compost facility March 23. The facility will help the base meet its goal of diverting solid waste disposal by 40 percent by 2005.

By Ms. Holly J. Logan holly.logan@robins.af.mil

A new compost facility at Robins will help the base maintain its beautiful image naturally.

The facility, constructed by Construction Company and maintained by ground maintenance crews at Robins, is expected to be operational by April 22.

Ms. Linda Larson, solid waste and toxics program manager for Environmental Quality Division of the Environmental Management Directorate, said composting is a closed-loop

natural process that makes waste materials into needed, usable products.

"Its intended use now is to turn yard and horse wastes into usable compost and mulch for base beautification," she said. "In the future, it will provide the infrastructure to evaluate additional waste streams for diversion, (such as) food and wood waste materials."

The new facility is designed to help the base meet its goal of diverting solid waste disposal by 40 percent by 2005, and will provide a significant positive economic benefit.

#### What to know

Robins new compost facility is south of the 78th Civil Engineering Group Complex on 14th Street. The facility is due for completion this month, with a ribbon cutting ceremony scheduled April 22.

According to base statistics, paper products make up the largest waste source at Robins, with yard waste a close second.

In fiscal 2003, 53 percent of solid waste was diverted from disposal at Robins.

Once the facility is operational, an Atlanta-based composting consultant will train ground maintainers on proper use of the facility and ensure the base produces a good end product.

Mr. John Conley, assistant project manager for the ground maintenance crews here, said the compost facility will be a valuable resource for the base.

"We'll be able to recycle leaves, trees and grass clippings to use as mulch around the base's plants and trees." he said. "It's going to save the base a lot of money in those areas."

#### CROSSWORD PUZZLE

# 20 45

#### Hometown USAF (Vol. 6)

By 1st Lt. Tony Wickman Alaskan Command Public Affairs

#### **ACROSS**

- 1. Train need 5. Washington AFB home to 62nd AW
- 8. Former California Army fort 9. Oklahoma AFB home
- to 71st FTW; a/c tail marking of VN
- 11. Romantic song
- 12. Adhesive 14. Winter danger

16. Apartment

- 15. Owed
- 17. Homer's neighbor on The Simpsons
- 18. Shah of Persia (1487-1524); Safavid
- founder 20. Military comm. per-
- son in the field (abbrev.) 21. Truck
- 22. Easter animal?
- 24. Snakelike fish
- 25. 007 writer Fleming
- 27. LPGA Se Ri 29. Missouri AFB home to 509th BW; a/c tail
- marking of WM 32. Drainage pipe
- 34. Weary
- 35. Duo
- 36. Military org. concerned with household goods
- 37. Khan; hereditary spiritual head of Isma'ili Muslims
- 39. Story opener 42. Snare
- 44. Cell acid similar to
- DNA
- 47. Ohio AFB home to
- ASC 50. Mining vein
- 51. NBC television show

home to 403rd WG; a/c

- 52. Lyrical poem 53. Mississippi AFB
- tail marking of KT 54. Was aware of

#### **DOWN**

- 1. Georgia AFB home to 116th ACW; a/c tail marking of GA
- 2. Scavenger hunt (two words)
- 3. Rested
- 4. Angry
- 5. New Jersey AFB home to 108th ARW; a/c tail marking of NJ
- 6. Sky-blue color
- 7. Shade
- 9. California AFB home to 30th SW; a/c tail
- markings of HV
- 10. Florida AFB home to 920th RG; a/c tail marking of FL
- 13. Woman's magazine
- 16. Clenched hand 19. England AB home to
- 423rd ABS
- 22. Military allowance (abbrev.)
- 23. Item
- 25. WWII site for 27 Medal of Honor recipients: Jima
- 26. Father
- 27. Colorado AFB home to 302nd AW: a/c tail
- marking of CR 28. Appendage
- 30. Actress Carrere of
- Wayne's World
- 31. Intended
- 33. Period of time 38. Whitewater independent counsel
- 40. Pointed tool
- 41. Current
- 43. Fencing sword
- 45. Stem knob
- 46. Again
- 48. South Korea informally
- 49. Expletive denoting surprise

For puzzle solution, see April 9 edition of the Rev-Up

#### Puzzle solution for March 26



#### **LEAVE**/TRANSFER

The following person has been approved as a participant in the leave transfer program.

Ms. Deanna Young, WR-ALC/PKP. Point of contact is Ms. Debra Lomax, WR-ALC/PKXA, at 926-5020.

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo by e-mail at angela.trunzo@ robins.af.mil. Submissions run for two weeks.

## FAMILY SUPPORT CENTER

**Family Support Center sponsored** classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional information, or to make a reservation, call 926-1256.

#### Sponsorship training

The Center will offer Sponsorship Training Monday, 9 - 10:30 a.m., Building 945, FSC annex.

#### Salary negotiation class

A Salary Negotiation class will be conducted Monday, 1 - 3 p.m., Building 905, Room 138.

#### Starting a business workshop

A business consultant from the Small Business Development Center will conduct a "Starting a Business" workshop Tuesday, 9 a.m. - noon., Building 945, FSC annex.

#### Deployed spouses money matters

The FSC's Family Readiness Program will offer a class, "Money Matters for Deployed Spouses," Wednesday, 9 - 10 a.m., Building 794, FSC.

#### TAP workshop

The next three-day Department of Labor sponsored Transition Assistance Program Workshop will be April 12-14, 8:30 a.m. - 4:30 p.m., each day, Smith Community Center ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses are encouraged to attend.

#### Smooth move

The next Smooth Move workshop is April 14, 8:30 a.m. - noon., in Building 905, Room 159.

#### Community tour The FSC Community Tour for all

Team Robins members and their eligi-

ble family members will be April 14, 8:30 a.m. - 2:30 p.m. Meet at the FSC. This tour is designed to help newcomers become familiar with the surrounding communities. The tour includes information on some of Macon's downtown and historic districts, a visit to the Ocmulgee Indian Mounds, a trip through Ft. Valley, and concludes with a visit to the county seat in Perry.

#### Resume research & writing

A workshop on Resume Research & Writing will be conducted on April 16, 1-3 p.m., Building 905, Room 138.

#### Career focus

Career Focus provides ways for military spouses and family members, and displaced DoD civilian personnel to identify skills and interest, plan careers, improve job search skills, and increase opportunities for employment or a career change. For more information about career concerns or to schedule an appointment, call the Family Support Center at 926-1256.

#### **SERVICES** BRIEFS

#### Aero Club

The Aero Club open house will be April 17. The new Piper Warrior airplane will be on display. There will also be aviation movies, surplus aviation items and free time on the simulator. Discovery flights for up to three passengers will be available for \$50, and guests can enter a drawing for a discovery flight gift certifi-

#### Child Development Centers East & West

In recognition of the month of the young child, the Children's Health Fair will be held April 16 from 11 a.m. - 1 p.m. in the Smith Community Center. There will be booths with information on kid-friendly equipment, nutrition, substance abuse, crime prevention, dental care and Tricare.

#### Civilian Recreation

Putt for the green every Thursday starting April 8 from 11 a.m. - 1 p.m. Cost is \$2 for one putt or \$3 for two putts. Sink at least a 70-foot putt and receive a \$100 gift certificate. The prize fund will increase \$50 for each week that no putts are sunk. If no one sinks a putt, a consolation prize of five free cart rentals and a free lunch will be awarded For more information, call 926-4103 or 922-4415

#### **Enlisted Club**

Easter brunch will be April 11 from 10 a.m. - 1:30 p.m. Cost for members and spouses is \$9.95; nonmembers, \$11.95; children 6 - 12 years, \$5.95; and children 5 and younger, free.

#### Officers' Club

An Easter Sunday brunch will be April 11 from 10 a.m. - 1 p.m. Cost for members and their spouse is \$13.95; nonmembers, \$14.95; children 5 - 11 years, \$5.95; and children 5 and younger are free.

#### Skills Development Center

The Skills Development Center will hold monthly classes in acrylic painting Tuesday, April 13, 20 and 27 from 10 a.m. - noon, cost \$12.50; drawing Monday, April 19 and 26 from 10 -11:30 a.m., cost \$10; watercolor Monday, April 19 and 26 from noon - 2 p.m., cost \$10; cross stitch Tuesday, April 13, 20 and 27 from 1 - 3 p.m., cost \$12.50; scrap booking April 23 from 12:30 - 2 p.m., cost \$12.50; beginning matting and framing April 20 and 22 from 6 - 8 p.m., cost \$12.50; decorative stamping Thursday and April 22 from 6 - 8 p.m., cost \$12.50; oil painting Thursday, April 15, 22 and 29 from 10 a.m - noon, cost \$12.50. Registration and payment is required for all classes. Class space is limited. All classes are subject to change and do not include supply and equipment costs. For more information, call 926-

#### **Smith Community Center**

Let's give the world a hand by joining the community center April 14 to perform yard work for spouses of deployed family members. Families of deployed family members can contact their first sergeant if they would like help. Volunteers are needed for a minimum of two hours to all day. For more information, call 926-2105.

#### Teen Center

The second annual Space Camp for vouth will be held in Huntsville, Ala. The camp is divided into two age groups: 12 -14 years, Aug. 1 - 6; and 15 - 18 years, July 31 - Aug. 6. The older group will attend the Advances Space Academy. This program is open to family members of active duty assigned to or living on an Air Force installation, retired military, civilian employees, Air National Guard and reserve members. Those interested with a minimum 2.8 grade point average can obtain an application from the teen or youth center. Completed applications must be returned by April 16. Those selected will be notified in May. For more information, call Mr. Marvin Hawkins at 926-5601.

#### Wynn Dining Facility

A Deployed Family Appreciation meal will be held Thursday from 3:30 - 6 p.m. Selections may be made from the short order line or full entrée line. A nominal fee will be charged per person. For more information, call Ms. Shirley Sexton at 926-6596.

The Wynn Dining grand opening celebration will be April 12 with a ribbon cutting at 9 a.m. Cake and punch will be served after the ceremony. Food vendors will provide samples to guests. Bleachers will be provided for extra seating.

#### Youth Center

A trip is scheduled for April 11 at 1 p.m. at the Russ Chandler Stadium. Hosting will be Georgia Tech vs. North Carolina University. To attend, register by

#### STREAMING VIDEO



#### **ROBINS** REPORT

News from around the base –Watson and Cox Channel 15 Friday – 8 p.m. ■ Sunday – 1:30 p.m. ■ Monday – noon

#### **MOVIE** SCHEDULE

#### **Friday**

#### 7:30 p.m. – 50 First Dates – Adam Sandler and Drew Barrymore

Henry, a veterinarian, falls in love with a girl, Lucy, with short-term memory loss. He has to keep getting her to fall in love with him every time they meet in order for them to have a relationship.

Rated PG-13 (crude sexual humor and drug references) 96 minutes Saturday



A former U.S. president retires to a small New England town to write his memoirs. But his neighbors plead with him to fill the vacant mayoral seat.

2 p.m. - Welcome to Mooseport - Gene Hackman and

Rated PG-13 (some brief sexual comments and nudity) 115 minutes



**Ray Romano** 

#### 7:30 p.m. – Broken Lizard's Club Dread - Jay Chandrasekhar and Kevin Heffernan

At an anything-goes tropical resort for swingers, a non-stop party takes a turn for the weird when a dead bodies start turning up faster than you could drink a rum punch.

Rated R (violence/gore, sexual content, language and drug use) 104 minutes

#### **CHAPEL** SERVICES

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

**Protestant General Services** take place every Sunday at 11 a.m. This service

includes some traditional and contemporary worship styles in music and in format. **Protestant Inspirational Services take** 

place every Sunday at 8 a.m. **Protestant Contemporary Services** take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with

a praise team assisting in singing and

styles of music and worship. Jewish service time is each Friday at

6:15 p.m. at the Macon synagogue. Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.

The chapel helps with spiritual needs that arise. For further information, call the includes both traditional and contemporary chapel at 926-2821.

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# Tips for spring cleaning

By the Fire Department

Now that spring is here, many of us will gravitate towards a yearly tradition called "spring clean up". This is the time and opportunity to get rid of all those items that have been lingering around the house and yard for sometime now.

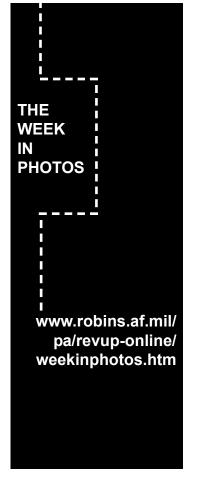
Spring clean up does not mean you tackle the job in one weekend. Take your time and determine what you need and what you can trash. Of course, only you can decide what must stay and what should go. Spring cleanup is very important in maintaining good housekeeping practices.

Here are some helpful hints when doing your spring clean up.

- Remove weeds, dead trees and bushes from around homes, fences and sidewalks.
- Store paints, thinners and other flammable or combustible liquids in original containers and away from any heat, sparks or flame. Contact your local Environmental Office for the proper procedures in discarding unwanted flammable and combustible containers to include herbicides and pesticides.
- Keep the attic free from combustibles.
- Get rid of all newspapers and magazines that are no longer used.
- Remove boxes, old furniture and appliances left in the yard or inside the garage.
- Recycle cardboard boxes, plastics and glass items and make arrangements to have those discarded items picked up and removed from the premises.
- Donate serviceable items to charity or, better yet, have a garage sale. It does not take long for these items to accumulate around the home and around business facilities.
- Check porch, garage, and backyard lights to ensure that they are in working order.
- Make sure electrical, plumbing, heating and air conditioning systems are in good working order.
- Maintain custodial supply storage areas, work areas, garages and homes in an orderly and fire safe condition.
- Remember to prevent fires before they start.

Good housekeeping and cleanliness are essential factors in preventing work place and home fires.

For more information, contact the Base Fire Prevention Section at 926-2145.



#### Music to their ears



U.S. Air Force photos by Ms. Sue Sapp

students at
Robins
Elementary
School perform
a variety of
musical selections during a
recorder concert at the
school Monday.

Fourth, fifth

and sixth grade



Loren Evitts, 1, claps to the music while listening to her older sister, fourth-grader Katie Evitts, play in the concert.

Sixth-grader Sam Rottman plays a selection on his recorder.



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goodwill 59798101 4B Friday, April 2, 2004 Rev-Up

#### Airmen provide exercise tips to prevent pain

By Airman 1st Class Katie Thomas 374th Airlift Wing Public Affairs

YOKOTA AIR BASE, Japan – Military hospitals have seen more injuries than usual since the Air Force adopted the new physical fitness test

The majority of these injuries could have been prevented with common sense and "listening to your body," said Maj. Chu Soh of the 374th Medical Operations Squadron's physical therapy flight here.

The most common injuries seen at the physical therapy flight are a result of overtraining. People who overtrain often ignore recurring or continual pain, Major Soh said.

"Normal aches and pains come with regular exercise, but when the pain stays for an hour or longer after you stop (exercising) it could mean injury," he said.

The major suggests a number of good practices and techniques people should follow when they workout.

"People shouldn't do the same exercises all the time," he said. "They should crosstrain so they alternate the muscle groups they work on."

Major Soh suggests people participate in a variety of physical training, including running, swimming, walking, biking, strength training and other sports.

"You need to gain whole-body strength and maintain a balanced workout schedule," he said.

Individuals should also perform all exercises properly, including stretches, to attain the maximum benefit, he said.

"You need to warm up the muscles before

you start exercising hard to get the maximum heart rate," said Staff Sgt. Daniel Davis of the 374th MDOS physical therapy flight. "You should work all the major muscle groups."

Sergeant Davis also said people should change up the surfaces they run on to minimize the possibility of shin splints.

"When you run, you are pounding the ground with four to five times your weight," he said. "It is good to change up the direction and surface type you run on to lessen the risk of injury."

The best surface to run on is a rubberized track; however, people on a track should change running directions to ensure they do not wear down one side of the body, Sergeant Davis said.

"The worst surface to run on is concrete, and asphalt is also tough on the body," he said.

"They should also wear the correct kind of running shoes and keep their spine in a neutral position while running to prevent shin splints," Major Soh said.

Cool down is also an important element of exercising, he said.

"You should allow the body to step down gradually from your maximum heart rate to avoid muscle cramping," he said.

People should push themselves during exercise, the major said.

"Your body needs a certain amount of stress put on it to grow stronger," he said. "Don't be afraid to push yourself, but also take time to recuperate after exercising."

The Robins Fitness Center Staff can help Airmen reach their fitness goals and maintain healthy habits. For more information, call the center at 926-2128.

#### Please recycle this newspaper

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#### SPORTS BRIEFS

#### **Bowling Center**

Celebrate National No Housework Day Wednesday. Call your friends, get rid of the mop and dust cloth and bowl until 5 p.m. for \$1 per game.

A youth bowlers barbecue is scheduled for April 16 from 10:30 a.m. - 2 p.m. Help the Robins Youth bowlers raise money for the entry fee for the state tournament.

#### Civilian

#### Recreation

The 14th annual DoD Team Bass tournament will be held at Sunset Marina, Dale Hollow Lake, Byrdstown, Tenn., April 18 - 23. For more information, call Ms. Lynne Brackett at 922-4415.

#### Fitness Center

An Easter egg hunt 5K run will be held April 9 at 11 a.m. in front of the Health and Wellness Center.

#### **Golf Course**

During April, golfers will save money when they pay their annual green fees in advance. Yearly rates are as follows: E1-E4, \$396; E5 - O3, \$576; O4 - up and DoD civilians, \$660.

Let's talk 59806801

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ga theater 597655 02 **8B** Friday, April 2, 2004 Rev-Up

### Joy ride



U.S. Air Force photo by Ms. Sue Sapp

Mr. Peter Nicholas, senior applications engineer with Data Device Corporation, lets Mr. Dave Miller, right, try out a flight simulator at the Electronic Warfare symposium sponsored by the Center Combat Electronic Systems Directorate and the Dixie Crow Chapter of the Association of Old Crows. The symposium, held March 21-25 at the Museum of Aviation, featured government and industry technology exhibits, technical sessions and EW short courses.

## AAFES receives national retail award

NEW YORK - At the stances dictate, include former National Retail Federation Annual Convention, the Army & Air Force Exchange Service was awarded the 2004 American Spirit Award.

Past recipients of the award, which is designed to recognize exceptional achievement and is presented only when circum-

Presidents Jimmy Carter and George Herbert Walker Bush and Senator Bob Dole.

The Dallas-based AAFES was selected for the honor because of its support of U.S. Service men and women fighting abroad against terrorism.

Today, AAFES has nine

stores in Kuwait and 30 in Iraq, with about 450 associates deployed at any given time. In addition, AAFES supports 88 unit run Imprest Funds that serve forward operating bases where it is too remote or dangerous to set up a store.

- From staff reports

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